



...helping people to create meaningful moments in their busy day...



- Do you live each moment in the present?
- Do you take time to show you really care and appreciate your friends and family?
- Do you feel as if you are always on the go...living in fog of continual activity?
- Do you wish you did more each day to help others, or to make more of a contribution to society?
- Do you end most days with little to no awareness of really living?
- Do you live your BEST life every day?

Today, people are SO busy! Because of this, they lose touch with the present moment; and they lose the opportunity to connect with what really matters. How can we be kind, caring and thoughtful to one another if we don't slow down all the constant activity and capture meaningful moments every day?

The experts tell us that we need to slow down and be more in the present moment. They tell us we need to quiet our minds and turn off the busyness. They say we need to be more aware of our actions, our thoughts and our emotions and that we need to mediate, pray and be grateful. We simply cannot be and do all these things in the noise and chaos of everyday life.

We created the meaning to pause® bracelet which provides a gentle reminder to redirect our thoughts on what is important. Thoughtful and meaningful pauses can be anything; remembering a loved one that has passed, mindfulness of the present moment, prayer, meditation, reflecting on your purpose, being grateful, showing forgiveness or performing a random act of kindness. At the end of the day, we hope the wearer will have lived their best and most purposeful day by giving meaning to their pauses.

This charming bracelet provides a private, gentle vibration every 90 minutes, prompting the wearer to take some sort of action. The core function of the bracelet is to "pause" from whatever you are doing and reframe your thoughts. There are endless ways to decide how you will use your pauses throughout the day. We believe that everyone can benefit tremendously from this bracelet.

Haven't YOU been meaning to pause?

For more information on the meaning to pause® bracelet, go to our website:

www.meaningtopause.com

"We are shaped by our thoughts, we become what we think. The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly." Buddha